



Traveling with CF

Questions to Ask Before Traveling Abroad

Traveling internationally presents unique health risks that you would normally not face. If you are planning to travel abroad, here are some questions to ask your CF care team before you go.

- What health-related documentation do I need?
- Do I need any vaccinations? If so, when should I get them?
- Do I need any other medications, like anti-malarial medications or anti-diarrheal medications?
- Are there any unusual diseases or health threats I need to be concerned about where I'm visiting? If so, how do I protect myself?
- What medications apart from my prescriptions do you suggest I take with me?
- Is there any way to prevent jet lag?
- How can I stay healthy in-flight?
- Am I at risk of getting a blood clot while flying? If so, how do I prevent it?
- Are there any places I should avoid?
- Are there any particular activities I should avoid?
- Is it safe to drink tap water where I am going?
- Are there any local foods I should avoid?
- What can I do to prevent unfamiliar diseases, such as traveler's diarrhea?
- What do I do if I get sick while traveling?
- Do you know a local CF care center I can contact in case of emergency?
- What do I do if I get sick when I come home?